



There is an old saying, “Sticks and stones can break my bones, but words will never hurt me.” Sticks and stone will break our bones, but words, too, can damage and hurt. They can kill the spirit, doing far more harm than sticks and stones ever could. Words make a difference.

Powerful and positive words can heal and uplift. When spoken with truth, your words can change lives. Think about how you communicate. Your words can encourage people to achieve greatness. Your words can support and even heal someone’s suffering. Your words can nurture, nourish, and inspire not only yourself but others.

Sadly, emotions like hatred, fear, anger, frustration, and resentment can be expressed and fueled by words. Whether words are written or spoken, they have the power to break and destroy healthy environments, as well as relationships.

It is vital to always speak your truth, but we must be mindful about what we say and how we say it. Your words can change everything. Really think about the fact that your words hold incredible power both positively and negatively. Everything that is expressed verbally has the power to influence and change the lives of all you share your world with. It is your choice to use words that inspire or destroy.

The words of the reckless pierce like swords, but the tongue of the wise brings healing. — Proverbs 12:18

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### **Group Mentoring Program**

Due to the COVID-19 virus still looming in our country we have decided to move our group mentoring program back to 2022. The girls group mentoring program runs for six months. April 2022-October 2022. The 2nd Saturday of each month from 11:00 am - 5:00 pm.

If you know or, are a girl between the ages of 11-18 that...

Wants to learn new things

Wants to make new friendships

Wants to discover and celebrate her uniqueness

Wants to have fun while still learning

**Go to our website [www.thegirlsgroup.org](http://www.thegirlsgroup.org) and sign up to be a G.I.R.L.S. Group Mentee**

### **Our Goals:**

Encouragement to unlock their talents and pursue their goals.

Encourage girls to discover and celebrate their uniqueness.

Empower girls to make sound decisions and learn responsibility.

Empower girls to recognize their passions.

Encourage and assist girls to pursue their goals.

### **Our group mentoring sessions include:**

Speakers: Healthy lifestyles, etiquette, financial savings, college applications, entrepreneurship, etc.

Girl talk rap sessions, Crafts, Community involvement, Tutoring, Icebreakers, Group discussion experiences,

Lunch, Game time and more...

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## ***Women's Workshops***

Our women's workshops are conversations focusing on our objectives: Love, Better You and Empowerment. The workshops will engage the speaker with the attendees, rather than having the attendees just listen to the speakers and/or seeing a PowerPoint presentation the attendees are active in the conversation. The workshops are meant to be intimate. We want quality over quantity, they are focused on small groups of no more 30-50 attendees. The workshops are designed to empower and encourage women to achieve their personal best, to connect with others who can identify with their business and personal issues and/or goals. To help women focus on self-assurance, positive thinking, and community which in turn will Generate Innner Respect Love and Self-empowerment.

### Objectives:

#### **Love**

The Love program focuses on relationships. It is designed to inspire and cultivate your relationships with your children, spouse, significant other, your sister friends, yourself, and your relationship with God. The Love program teaches how to establish and maintain healthy relationships.

#### **Better You**

The Better You program focuses on improvement by way of etiquette, nutrition, fashion, skin & hair care, and fitness. It is designed to enhance and develop your inner and outer appearance. The Better You program guides you on how to identify you are your weakness and sustain your strengths.

#### **Empowerment**

The Empowerment program focuses on empowerment through finance, self-awareness, career development, and community. It is designed to teach and offer guidance on how to empower yourself without compromising yourself. The Empowerment program shows you how to discover and expand your possibilities.



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## ***Speakers Wanted***

The GIRLS Group is looking for speakers for our Women's Workshops in 2022.

If your forte is motivational, financial, nutritional, stylist, activist, educational, therapist, pastor, entrepreneurship, human resources, grant writing, life coach, fitness trainer, etc. we need you.

Please contact us at [www.thegirlsgroup.org](http://www.thegirlsgroup.org).



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## **Save the Date!**

**The GIRLS Group Paint & Sip Event**

**Presented by DragunfliDesignz**

**San Diego, CA**

**June 2021**

**Check out our website and Facebook page for details coming soon!**



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**Stay tuned for information on our signature fundraisers:**

**Pamper Party, Paint & Sip, Murder Mystery Dinner and December Gala**



# BLACK TEACHERS MATTER!

**Are you a Black Teacher, School Leader, or College Student Studying to Become a Teacher in Southern Nevada?**

**If so, we invite you to participate in a research study!**

**Title:** *Equity Matters: Perspective and Reflections on Teaching, Learning, and Leading from Black Students, Educators, and Families*

The purpose of this work is to better understand how Black K-12 educators experience Southern Nevada's classrooms and schools, including determining what factor race plays in sustaining and retaining them within the profession. The survey lasts approximately 15-20 minutes and you are welcome to stop taking the survey at any time (*IRB Approval #1663798*).



**For more information or to take the survey, please use this QR code**

**Or copy and paste this link into your browser:**

**<https://tinyurl.com/yysut7ar>**

Comments, questions or concerns?  
Dr. Tonya Walls at [tonya.walls@unlv.edu](mailto:tonya.walls@unlv.edu)

National Coalition of 100 Black Women Inc., Las Vegas Chapter  
Economic Empowerment Committee presents

Powered by:



Join us for our 1<sup>st</sup> Series  
"Let's Get Smart About Credit"

Featuring: Kisha Wright, Operation Hope Financial Wellbeing Coach

Date: January 23, 2021  
Virtual ZOOM Session  
Virtual Workshop: 10:00am – 12:30pm

Attendees will be limited to the First 100 to Register by January 14, 2020 at  
[www.ncbwlasvegas.org](http://www.ncbwlasvegas.org) or <https://sisternomicscredit.eventbrite.com>  
Registered participants will receive a NCBW Training Notebook and Pen of  
appreciation by mail.

NOTE: Please provide your name, mailing address, and email address when  
registering.

For more Information call: (702) 350-1264 or email [economic@ncbwlasvegas.org](mailto:economic@ncbwlasvegas.org)

All Registrants will attend the  
General Session  
"Using Credit Wisely"

Then choose Two of the Three  
Concurrent Breakout Sessions:

"Thinking About Bankruptcy"  
presented by Phung Jefferson, ESQ

"Building Business Credit"  
presented by Precise Business  
Management

"Debt Elimination" presented by  
Kisha Wright, Operation Hope

Topics will Include:  
Managing Credit- household  
budget review  
Credit Scores and how to improve  
them  
Loans and Credit cards  
Banking choices and the new laws  
that protect you  
Saving for the rainy days  
Where to go for help  
(identifying resources)



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